"BEST SELF-HELP BOOK"

BE THE ENGINEER OF YOUR LIFE

"This is a must read for youth"
"Specially written for the generation of WhatsApp & Facebook"

* A book for those who want to achieve Success.
*Interesting book written in common chat language (Hinglish)

" This book tells you how to set goals and achieve them"
" A Non-Pakau Self-help Book."

Er. ADITYA GOEL

VISIT…

BE THE ENGINEER
OF YOUR
LIFE

-By Er. Aditya Goel

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INTRODUCTION

Har kisi ko life me success chahiye, lekin har kisi ke liye success ka meaning same nahi hota, sabke liye different meaning hota hai success ka...

Ho sakta hai aapke liye success ka matlab kuchh banna ho? jese:

Engineer, Doctor, Architect, Advocate, Businessman, Sportsman, Musician, etc-etc.

Ya kuchh logo ke liye success ka matlab hota hai famous hona ya fir yeh bhi hota hai ki dher saara paisa kamana… matlab Rich hona!!!

Mere liye success ka matlab ekdum different hai, aur vo kya hai, vo mein aapko is book ke last me

bataunga, lekin aap aaj apni success ke baare me socho, apne dream ke baare me socho.

Aap apni life badal sakte ho, aap bhi successful ban sakte ho, vo sab kuchh paa sakte ho jo bhi aap sachme paana chahte ho, achhi health, achhi job, ya apna khudka business.

Lekin yeh sab apko ese nahi milega ki aapki subha aankh khuli,

Aur aapne jooo bhiii chaaha tha apko milgaya.

Yeh sab aapko tabhi mil sakta hai jab aap apni life me kuchh changes lekar aao aur vo changes aapki life me tabhi ayenge jab aap kuchh boht hi zaruri sawaalon ke jawab jaan jaoge.

Jese ki life me **kya** karna hai, **kyun** karna hai, **kab** karna hai aur sabse important… **kese** karna hai?

In sawaalon ke jawaab jaanne me mein aapki help karunga, aap dekhna is Book ko padhne ke baad aapki soch badal jayegi.

Aur soch badalte hi aapki life badal jayegi.

Aapki soch ko ek naya dimension miljayga…

Aur iss naye dimension ko mene naam diya hai "**Engineer's Dimension**"

This would be the **4th** dimension of life.

Aaj aapne apni life ko change karne ka 1st step leliya hai, kyunki aaj aapne "APNE" andar sachme changes laane ka decide kar liya hai…

Achha pehle mujhe yeh batao ki Reading karne me koi dikkat-pareshani to nahi ho rahi na? Aap yeh bhi soch rahe honge ki mene yeh book ***Hinglish*** me kyun likhi hai… ya to hindi me hi likh deta ya English me hi likh deta… lekin dost sach to yeh hai ki naa to meri English boht achhi hai aur naa hi Hindi…hahaa :P

Lekin iska matlab yeh to nahi hai na ki mein jo kehna chahta hun vo likh nahi sakta… aur vese bhi hum sab **Whatsapp-Facebook** ke zamaane ke log hain, to yeh wali style to hum sabke liye padhni bhi boht easy hai aur samajhni bhi…haina!

ENGINEER'S DIMENSION!

Sabse pehle aapke liye yeh jaan lena zaruri hai ki mein kaun hun?

I am an Engineer by graduation, Businessman by profession, and a Writer by **passion**.

Mujhe apni life ke experiences aur observations ko share karna aur logo ko positive attitude ke sath life jeene me help karna boht achha lagta hai.

Aajkal har roz laakhon students Engineering kar rahe hain… kyunki India me sab parents chahte hain ki unka bachha Engineer baney, Lekin Engineer banne ke baaaaad vo bachha kya karega yeh koi nahi soch raha…

"In India, 1st we become Engineer… then think what to do in life"

"If you are good at something, Do it after Engineering"- *Read it somewhere just now...*

You know what! India is producing around **2 Million** Engineers every year now…jisme se **80%** se zyaada engineers unemployed hain… (*I am also 1 of them... lekin achha hua job nahi lagi, verna job me hi fanskar reh jata*)

Kyunki India me to kya poore world me itni jobs nahi hain ki India ke saare engineers ko job mil jaye… to akhir India me itne Engineers ban kyun rahe hain? Why? Haina sochne waali baat? (*Bhedd-chaal?*)

But India me aaj boht saare Engineers ese bhi hain jinhone graduation complete karne ke baad job ko choose hi nahi kara balki apna business start-up kara aur aaj vo log Entrepreneurs kehlate hain. (*I think you already got some names tickling in your mind- hmmm, you are right, Founders of flipkart, snapdeal, freecharge etc-etc*)

If you are an unemployed engineer too, stop being frustrated now and start **thinking** like an Engineer in your life.

You can start something of your own too.

Stop thinking of getting a boring job, instead start thinking of **creating jobs**.

What does Engineers do?

They design machines, circuits, softwares, websites…etc

Trust me, aap chahey Engineer ho ya nahi ho, lekin is book ko padhkar aap bhi Engineer ban jaogey!

BUT HOW?
Simple!!!
By learning to design your life!!!

You will be able to **make your life** as you **wish**!!!

Yes! You can **design** your **own life** by becoming the **Engineer** of your life.

So, "Be the Engineer of your Life"

Successful hone me yahi attitude aapko help karega…

Life ka asli Engineer banne ke liye engineering ki degree se zyaada engineer wali soch important hai.

Aur yeh dimension koi bhi apni life me apply karke successful hosakta hai, chahey vo engineer ho ya nahi isse koi fark nahi padta.

"Engineer's Dimension is all about the way you see life."

Agar aap life ki chhoti-chhoti cheezon ko notice karna start karogey, to aap khud dekhoge ki aapki decision-taking-power improve hojaygi, doosro ko dekhne ka nazariya badal jayega, kaam karne ka style, seekhne ka desire, aur success ka meaning… sab change hojayga.

Mene dekha ki ek alag hi nazariya chahiye hota hai successful banne ke liye… mein yeh janne ki koshish kar raha tha ki akhir esa kya hai jo ameer log jaante hain lekin hum middle class log nahi jaante, vo kya secrets hain jo bas kuchh hi logo ko pata hain.

Jab mein iske thoda aur deep me gaya, to mujhe samajh aya ki engineer's dimension hi hai jo aapko itniiii success dila sakta hai jitna aapne bhi kabhi nahi sochi hoga.

Hum sabke andar ek Engineer chhupa hua hai, bas hum logo ko us Engineer ko khojna hai aur usey active mode me laana hai… apne andar ke engineer ko active karke aap apni life badal sakte hain…

Sabse pehle to please stop reading it as "**in-jee-near**"

it's **"en-juh-near" :P** yeah that's right **Engineer**!

To dosto… tyaar hojao… kyunki aaj jo bhi mein aapko batane jaa raha hun vo agar aapko samajh aagaya to aap successful to pakka hojaoge aur successful hone ke baad ek din mujhe bhi yaad karoge ki tha ek *paagal* jisne kuchh aisa kardiya ki humare andar ki soyi hui **power** jag gayi.

POWER??? Ehh… ok whatever… hope you get it... right? :P

Agar aap tyaar ho…to fir, Lets go!!!

(*Ab yeh mat sochna ki mein is poori book me bas engineer-engineer hi karta rahunga… This is a self-help book guys, which will give you answers to the most important questions in life to get success in a very easy and interesting way*).

CHAPTERS:

1.How to set Goals in life?
2.How to Focus on one thing?
3.How to Trust yourself?
4. How to be your own Creator?
5. How to overcome your Anger?
6. How to learn from Rejection?
7. How to kick Problems out of your life?
8.How to start business from Zero?
9. How to stay Self-motivated?
9.1 How to listen to your Heart?
10. How to take action Today?

CHAPTER 1

HOW TO SET GOALS IN LIFE?

Log mujhse aksar yeh poochte hain ki…

"(*Should we set goals or not?*) Humko life me goal set karna chahiye ya nahi?"

Iska to seedha-seedha sa jawaab hai…

"***Yes…we should definitely set goals in life***"

Lekin is answer ke baad jo next question uthta hai vo aur bhi zaada interesting hai…

That is "(*Why to set goals?*)

Humey life me goals **kyun** set karne chahiye?"

Dekho, jab tak humey pata hi nahi hoga ki hum apni life me achieve kya karna chahte hain? Tab tak hum apna 100% kisi bhi kaam me kese de payenge?

Jab humey pata hi nahi hoga ki humey jaana kahan hai tab tak hum kese sahi raasta dhoond payenge.

"Ek ladka tha, jiska naam tha Suresh, Suresh apni girlfiend Riya se boht pyaar karta tha, Riya ne ek din Suresh ko ek party me bulaya, aur Suresh bhi party me jaane ke liye boht excited tha… vo black suit aur black shoes pehenkar, baalo me gel lagakar, deo wagerah marker achhe se ready hogaya, party time 8.00p.m. tha aur vo bilkul bhi late nahi hona chahta tha, isley vo sab kuchh boht jaldi-jaldi kar raha tha, ki kahin vo late na hojay, usne jaldi se gift bhi pack karliya jo usko party me dena tha, fir vo ghar se nikla aur usne ek taxi wale ko bulaya…

Vo taxi me betha aur driver se bola… "***Bhaiya…fatafat le chalo***"

Driver bola…"***Haan thik hai saaheb…chalta hun, bataiye kahan chalna hai?***"

Yeh sunkar Suresh ke hosh hi udgaye… kyunki usey yeh pata hi nahi tha ki jaana kahan hai… matlab yeh to pata tha ki party attend karne jaana hai, lekin yeh nahi pata tha ki pahuchna kahan hai… kyunki jab uski girlfriend Riya ne usey invite kara to vo itna excited hogya tha ki venue hi nahi poocha… aur uske mobile me signals bhi nahi aatey the us area me… jo ab call karke pooch pata :P *(I Know its very stupid… but its meaningfull story*)

Ab usey kuchh samajh nahi araha tha ki vo kare to kya kare, vo driver se fir bola.

"**Arey bhaiya please le chalo naa… mujhe already boht late hora hai, mein aapko double kiraya bhi dedunga… lekin bas le chalo…"**

Driver bola…"***Utro saaheb, subah se mein hi mila tha kya mazaak karne ko?***"

Ese hi agar humne apni life ka koi Aim set nahi kara, ya koi Goal hi set nahi kara to hum kese sahi raste per chal payenge? Kese pata chalega ki hum jis direction me mehnat kar rahe hain, vo humari manzil tak kese jayega?

Vese is waale example se mujhe **OLA&UBER** cab sevices ki yaad agayi… hahaa :P (*bhai **GPS** ka zamaana hai…*)

Yes! Goal setting is actually like setting your destination location on GPS!

Ekbaar GPS pe location set kardo to 1 nahi, 2 nahi, balki boht saare raaste khud saamne aajate hain... fir jab rasta saamne hota hai to manzil tak pahuchna bhi asaan lagta hai... haina?

Lekin agar koi goal nahi hoga to hawa me teer chalane jesa hoga... agar humey yeh hi nahi pata hoga ki nishana lagana kahan hai?

Life is running out!

Aim set karo, goal dhoondo... apni life me jeene ka purpose dhoondo... aur jitna jaldi aim set karloge utna hi achha rahega.

Mein boht der se bole jaara hunki aim set karo, aim set karo… lekin kya aap "AIM" ki fullform jaante hain?

"AIM stands for Ambition In Mind"

So start searching for your Ambition first!

Right time ka wait mat karte rehna, verna boht regret hoga ki kaash kuchh saal pehle decide kar lete ya kuchh time pehle action lelete. Agar apko lagta hai ki pehle to aap apna dream poora karne ke liye mehnat kar sakte the lekin ab both late hogya to ek baar dubara socho, kyunki aaj se kuchh saal baad bhi aapka same yahi dialogue rehne wala hai, ki kaash kuchh saal pehle step leliya hota.

Kehte haina "***It's never too late... to change your life***"

bhai mein to kehta hun "***Jab jaago... tabhi savera***"

To itna to samajh agya ki goal ya target set karna kitna zaroori hai, ab jo next question aata hai vo shayad aapke man me bhi aaya hoga, ki

"*Goal bada set karna chahiye ya chhota*"

To mera jawaab hai ki "**Jitna tum soch sakte ho utna…**"

Ab log confuse hojate hain…

Kyunki hota yeh hai ki jo log andar se boht confident hotey hain, ki vo kuchh boht bada achieve kar sakte hain vo log to bada goal sochte hain apne dimag me, lekin jo log khud hi andar se apne potential ko kam samajhte hain, vo chhote goal ke baare me sochte hain.

To dono me se kaun sahi hai?

Vo jo bada goal set karte hain? Ya vo jo chhota goal set karte hain?

Iska jawaab hai ki **"*dono me se koi bhi sahi nahi kar raha…*"**

Kyunki…

Agar hum bada goal set karlete hain, to kayi baar hota yeh hai ki hum itne bade goal ke bare me soch-soch kar khud hi kuchh time baad darne lagte hain, ki yaar yeh to boht mushkil hai, is goal ko complete karne me to saalo lag jayenge.

Yeh sab sochkar hum pehla step bhi nahi le paate or dheere-dheere haar maan lete hain, aur fir kabhi dubara goal set karne ki **himmat** bhi nahi karte.

Aur agar hum chhota goal set karte hain to humey us goal ko achieve karna koi success nahi lagti.

Humey lagta hai ki yeh to koi bhi karlega, kisi ko batane me bhi sharam aati hai ki kya sochega koi, yeh bhi koi kaam hai? Yeh to bachha bhi karlega, ya fir yeh to chhote log karte hain, itna padha likha aadmi achha thodi na lagega yeh karta hua… asaan lagta hai aur hum khud hi **lazy** hojate hain.

Ya hum bhi chhota goal chhodkar bada goal set karlete hain aur usi trap me fans jaate hain, jis trap me bada goal set karne waale log fanskar step hi nahi lete the.

Goal setting me **Time** ka bhi boht bada role hai.

Humne goal complete karne ke liye kitna **time** khudko diya hai?

Jese agar hum aaj koi business start karte hain, aur apna goal set kardete hain ki "*Mujhe ek saal me 10 crore kamane hain*" to kya yeh realistic goal lagta hai? Achanak se to humara business itna bada nahi hojayga ki aaj shuru kara aur 1 saal ke andar hi hum crores ki baat karne lage… Arrey! Time lagta hai… isley esi goal setting se koi fayeda nahi hoga… balki bas disappointment hi hogi.

Punjabi me ek kahavat hai ***"Pehle saal chatti, duje saal hatti, aur teeje saal khatti…"***

Iska matlab hai, ki pehle saal naya kaam nuksaan me chalta hai, doosre saal me no-profit, no-loss ki stage aati hai aur teesre saal me jaaker munafa yani profit aana shuru hota hai. (*so! be patient*)

"To humey karna kya chahiye?"

Vo konsa tareeka hai jisse goal bhi set hojay aur humey goal ko dekh-dekh kar darr bhi na lage ki agar hum fail hogey to kya hoga…

Boht simple hai…

Humko karna yeh hoga, ki sabse pehle ek bada goal set karna hoga, jo humko **motivate** kare aur fir us bade goal ko chhote-chhote targets me **divide** karna hoga.

Ab hum bade goal ko dhyaan me rakhkar chhote-chhote goals ko 1 ke baad 1, step by step complete karte huye aagey badh sakte hain.

Isse yeh hota hai ki hum jab pehla chhota goal achieve karte hain, to humare andar **confidence** jaagta hai aur hum apne next goal tak pahuchne ke liye excited hojate hain aur zyaada mehnat karte hain.

Kyunki humare andar **excitement** bana rehta hai, like hum ab 10 steps door hain, ab 9 steps door hain, ab 8 steps door hain, and so and so…

Yeh ek **adventure** ki tarah ban jaata hai, maza aaney lagta hai, progress dikhne lagti hai aur progress dikhti hai to apna poora potential lagakar hum apne target ko achieve karne me lag jaate hain, poori dedication sirf kaam per hoti hai aur is tarah easily aagay bhad sakte hain… aur vahan pahuch sakte hain jahan hum sachme *poore dil se* pahuchna chahte hain.

Mujhe logo ki real life inspirational stories padhne ka boht shauk hai, unme boht mazaa aata hai aur unse motivation bhi milta hai.

Ek din mein internet per esi hi kuchh real life stories padhte-padhte ek boht famous writer ke ek magazine interview ko padhne laga, unka naam to mein nahi bata sakta lekin unhone jo kaha vo zaroor aapse share kar sakta hun.

Usme unse poocha gaya ki…

"*Sir, aap 10 se zaada books likh chuke hain, aur aapki har book around 500 pages ki hoti hai, to itni badi-badi books aap kese likh lete hain?*"

Unhone is sawaal ka jawaab sirf 3 words me diya, yeh 3 words itne powerfull hain ki agar aap uski power samajh gaye to yeh 3 words aap kabhi nahi bhool paoge aur yeh humesha apko motivate karte rahenge.

Unhone kaha… "***Pehla Page Likhkar…***"

In 3 words me bhi zindagi me successful hone ka raaz chhupa hai.

500 pages ki book likhne ke liye vo 1st page likhte hain to ab unhe 500 nahi balki sirf 499 pages likhne reh jaate hain.

Is golden rule ko hum apni life me kahin bhi use kar sakte hain…

Matlab saaf hai, ki aap jo kuchh bhi karna chahte ho, bas ek kaam karo ki bina zada sochey samjhe 1st step lelo, chaahe aapka goal kitna bhi bada ho, shuruvaat to chhote se hi karni padegi.

Jese hi hum 1st step lelete hain, automatically hum apne goal ke thoda kareeb hojate hain… aur yeh step humey khud hi 2nd step tak lejata hai.

"THE SECRET OF GETTING AHEAD IS GETTING STARTED"- Mark Twain

Kyunki aagey badhne ke liye pehla kadam lena boht zaroori hai.

Hum finish line tak tabhi pahuch payenge jab hum start karenge, agar hum starting line pe khade hokar kisi right time ka wait karte rahenge to poori life wait hi karte reh jayenge.

Jese agar humey subha office jaana ho, aur hum ghar se hi na niklen, yeh sochne lage ki jab road ki saari traffic lights ka signal green hojayga tabhi niklenge.

To kya yeh possible hai?

Kya hum kabhi start kar payenge?

Life me kadam-kadam per traffic lights ki tarah problems to aati hi rehti hain, lekin humey in problems ko face karna hai, patience rakhni hai, solve karna hai… aur fir aagey badhna hai.

Kabhi-na-kabhi to start karna hi padega, to **aaj** kyun nahi?

So stop thinking about faaltu topics like kal raat mere friend ki girlfriend ne mujhe whatsapp per ping kyun kara? etc-etc!

And start to think about your career life!

Set your Goal!

"*If you woke up without a Goal, Go back to sleep!*"

Successful hojao, fir dekhna, Friend ki girlfriend to kya, tumhare friend ki girlfriend ki friend bhi tumhare peeche aayegi. :P

CHAPTER 2 :

HOW TO FOCUS ON ONE THING?

Ek baar humara goal set hogya to ab kya karna hai?

Roz bethke bas us goal ke bare me sochte rehne hai, haina?

Mere dost ese goal ke baare me bas sochte rehne se goal kabhi achieve hopayga kya?

Nahi hopayga, poori life ese hi nikal jayegi jese ab tak nikli hai, aur nikalti hi chali jayegi, iska matlab kuchh karna to padega, chalna to padega goal ki taraf, matlab yeh ki apne goal pe focus karna padega, aur yeh koi nayi baat to nahi sun rahe aap… haina?

Kyunki yeh to aap bhi achhe se jaante ho ki focus karna padega, bachpan se sunte aarahe ho, school me teacher se, ghar me parents se, ki focus karo, padhayi pe focus karo, dhyaan do, lekin kisi ne kabhi yeh nahi bataya ki kese focus karo.

“How to focus?”

Ye question sunne me achha lag raha hai but mein kehta hun ki yeh to ekdum bakwaas question hai, ekdum faaltu ka useless question hai.

Arey-Arey! Yeh mein kya bol raha hun?

Apne hi chapter ke **title** ko bakwaas keh raha hun? Lekin kyun?

Kyunki dost yeh samjhane ki to koi zaroorat hi nahi hai ki focus kese karte hain.

Kon kehta hai ki aapko focus karna nahi aata?

Zara apne-aap se poochho, ki kya aapko 2 ghante T.V. dekhne ke liye "How to focus" ke baare me jaanne ki zaroorat hai?

Kya aapko mobile per games khelne ke liye kisi tarah ke focus ki need hai?

Facebook per ghanto lage rehne ke liye, apna favourite sport khelne ke liye, youtube per interesting videos dekhne ke liye focus karna padta hai kya?

Kyun nahi karna padta? Arey kyunki yeh sab karne ke liye focus karna nahi padta, focus apne-aap **ho-jaata** hai…

Kese ho jaata hai?

Poochho khud se, Jawaab milega…

Mene bhi khudse poochha to jawaab mila.

Aur jawaab hai, kyunki humey yeh sab karne me **mazaa** aata hai.

Ab zara socho, agar aapko apne goal me, apne kaam me mazaa aane lag jaye, to kya hoga?

Socho! Dimaag ke ghodey daudao… (*tug-dug-tug-dug-tug-dug…*)

Arey! Life me mazaa aajayega dost!

Agar aapka kaam, aapko sazaa lagne ki jagah mazaa lagne lag jaye to aap kuchh bhi karjaoge, badey se bada goal bhi mazey-mazey me achieve kar jaogey, aapko khud bhi nahi pata chalega ki aap kab successful hogay…

Haina?

To saara khel bas is mazey ka hai…

Ab is mazey waale rule ko apne kaam me kese apply karna hai agar yeh aagaya to samjho kaam hogaya.

Fir humey 2 ghantey kya, 4 ghantey kya, din-raat ka bhi hosh nahi rahega, pata bhi nahi chalega, 1 ke baad 1 kaam kartey hi chale jayenge, aagey bhadte hi chaley jayenge.

Jab hum kisi job ya business me hote hain aur koi humse poochta hai "*Aur bhai… kesa chal raha hai?"*

to hum jawaab dete hain "*Bas theek hai yaar, kat rahi hai… mazaa nahi aaraha…*"

aur fir poore time apni job ko, boss ko, business ko koste rehte hain, gaaliyan dete rehte hain ki "*Promotion nahi ho raha… kaam-dhanda ekdum dheela pada hai…" (yahi hota haina?)*

Jab kaam me mazaa hi nahi hoga to kaam per focus nahi hoga, aur focus nahi hoga to humara mind idhar-udhar bhaagta rahega, doosri cheezon me mazaa dhoondta rahega, aur ese hi time waste hota rahega.

Mein desi bhaasha me kahun to humara mind ekdum "***Nashedi***" hai… pakka nashedi… mazey-ka-nashedi… *hehe* :P

Really! Isko har time bas mazaa chahiye, aap chaah-kar bhi apne mind ko mazey se alag nahi kar paoge.

To successful hone ke liye aapko apne mind ko *nashaa* dena hoga, mera matlab hai ki mind ko *mazaa* dena hoga.

Isley har kaam me mazaa dhoondo…

Fit rehne ke liye subha jaldi uthkar jogging karna chahte ho to mazaa dhoondo, jese agar aapko music sunne me mazaa aata hai to apne favourite songs ki playlist mobile me tyaar karo, aur subha uthkar earphones lagakar vahi songs suntey huye jogging per jao, dekhna aapko kitna mazaa aayega, kam se kam 20min ki jogging bhi hojaygi aur pata bhi nahi chalega.

Ese hi agar aapko pop-corn khaane me maza aata hai to aap laptop per kaam karte waqt, ya kuchh padhayi karte waqt thodey se popcorn lekar beth jao… to dekhna, kaam bhi hojayga, aur mazaa bhi aajayga…

Is trick ko aap apne according apne mazey ko *use* karke kisi bhi kaam me mazaa add kar sakte ho, jisse aapka focus bana rahega, aur kaam hota rahega.

(Soch raha hun is chapter ka name change karke "How to find mazaa in your work" hi rakhdun… :P)

Apne kaam me mazaa dhoondna to aagaya lekin aajkal ki fast life me distractions hi itne hain jese **Facebook**, **Whatsapp**, **Twitter**, **T.V**., **Cricket**, **Movies** and *falana-dhimkana*... ki yeh sab cheezen humara saara time kill kar deti hain.

Hum jese hi apna laptop ya book leke bethte hain kaam karne ke liye, tabhi ek choti si awaaz aati hai "***puk***" :P

Ye awaaz kya hai ?

Kahan se aati hai ye awaaz ?

Janaab yeh awaaz aati hai humare mobile se…

Facebook pe notification aajata hai, ya **Whatsapp** pe koi message.

Jo ki zaadatar ekdum useless hota hai lekin humara saara dhyaan apne kaam se hatkar mobile per chala jaata hai.

Aur fir hum usey check karne lag jaate hain, aur humey pata bhi nahi chalta lekin hum atleast apna aadha ya ek ghanta mobile per hi waste kar chuke hote hain.

Dubara jab hosh aata hai ki "*Arey nahi… band karo yaar… kaam karna hai*"

Tabtak boht der hochuki hoti hai… fir hum sochte hain…

"*Arey chhodo kal karlunga! ya baadme karlunga…*"

"*Kyunki aaj neck me thoda pain hai,"*

Ya "Aankhe dukh rahi hain…"

Ya best one "*Neend aarahi hai…*"

Aapka pata nahi, lekin mere saath to yahi hota tha… :P

Aur aajkal cricket matches itne zyada hone lage hain ki humare andar ki saari desh-bhakti achanak se jaag jaati hai, jese hi humey pata chalta hai ki INDIA-PAKISTAN ya INDIA-AUSTRALIA ka match hai…

Aur vo bhi chalo kabhi-kabhi hotey hain lekin yeh **IPL**? Arey yaar isne to jaan hi le rakhi hai, Actualy I love watching cricket too, lekin kasam se boht bada time spoiler hai yeh cricket, ekdum time waste, players to lakhs-crores me kama rahe hain ek-ek match khel kar, yahan tak ki *BAT* per sticker ke bhi Crores me rupay milte hain in logo ko advertising ke, aur humey kya milta hai match dekhkar? Baba ji ka thullu? (*Virat Kohli makes another century in IPL… Clap!!! –keep claping…*)

Mein aapko batata hun ki in distractions se mein khudko kese door karta hun?

Simple hai…

Mein bas ek kaam karta hun, Mobile ka ***internet*** off karke, ***silent*** mode per lagakar side me rakh deta hun, aur fir jo plan kara hota hai vo karta hun.

Kyunki ab time hai thoda **selfish** hone ka…

Aur apne man me thaan leta hun ki jab tak mera aaj ka target poora nahi hojata tab tak mobile ko haath nahi lagaunga.

Khud se commitment karta hun, aur commitment bhi *Bahubali* waala, jese us movie me Bahubali (*Shiva*) ne apni girlfriend se kara tha *Devsena* ko bachane ka.

Jab aapke andar se yeh commitment aajayga, samajh lena us din aap sachme Focus kar rahe ho apne goal per, verna baaki to sab naatak hai, dhoka de rahe hote hain hum, aur dhoka bhi kisi aur ko nahi, balki khud ko dhoka dete hain…

Theek hai, yahaan tak samajh agya, yeh bhi karliya, focus karna to agaya.

Lekin ab agla sawaal aata hai, jo boht important hai.

"How to focus on **One thing**?"

Ek doosri boht badi problem bhi saamne hoti hai humare focus ko ek jagah se hatane wali…

Aur vo hai humara khudka too much **Calculative** hona…

Maanlo aapne ek business plan socha, ki aap ek online business start karna chahte ho, Tshirt sale karne ka.

Ab aap us per research start karoge, apna saara dhyaan lagakar poora plan tyaar karoge us idea ko leker, ki kese-kese karna hai, kya target customer hai, kya theme hai, vagerah-vagerah.

Lekin successful hone me aur kuchh naa kar paane me ek boht chhota sa farak reh jata hai, aur beechme vahi *calculative mind* aajata hai jiski mein baat kar raha hun.

Actually jab hum sab plan kar rahe hote hain, tabhi humare saamne ek doosra idea aajata hai.

Aur hum carried away hojate hain naye idea ke sath…

Jese ki aapne tshirts ka business karne ka socha tha lekin ab aapne dekha ki aajkal to online food business boht successful horaha hai, profits bhi zaada hain, easy to implement hai, ya esa hi kuchh karke aapka mind aapke saath khelne lagta hai.

Aur aapka saara focus tshirt wale idea se hatkar kisi doosre idea per lag jaata hai.

Mein yeh nahi keh raha ki isme kuchh galat hai…

Hosakta hai ki yeh naya wala idea sachme zaada profit wala ho, zyaada easy ho.

Lekin yahi sabse bada reason hai jo humey successful hone se rok raha hai, kyunki hum focus to kar sakte hain, lekin ek cheez per lagkar nahi karte, apne dimag ke sath-sath *flow* karte rehte hain, kabhi yeh, to kabhi vo, ese focus ka kya faayda?

Khud per bharosa rakho, apne idea ko leke chalo, saari taakat lagado, shuru to karo, fir success milti hai ya failure vo baad ki baat hai, man me sochlo ki mujhe isi kaam me apna 100% dena hai bas, agey jo hoga dekha jayega.

Lekin please ek hi jagah focus karte raho…
Saara dhyaan, apni saari energy sirf ek jagah lagaani hai, doosra aur kuchh nahi sochna, doosra idea kitna hi zyaada powerful lage, ya profitable lage lekin hume apna focus apne point se nahi hatana.

Ek purani kahawat hai "**Doosre ki thaali me ghee zaada nazar aata hai**"

I think aap samajh hi gaye honge is kahavat ka meaning…

Bas aapko is baat ko samajhna hai, kyunki yahi sach hai, aur yahi sabse bada pathhar hai aapki success ke raste me, ek baar yeh samajh liya to koi ni rok payega aapko aagey badhne se, aap khud bhi nahi…!

"***The question is not who is going to let you… it's who is going to STOP you!***"

CHAPTER 3

HOW TO TRUST YOURSELF?

"Ek baar ek jungle me ek '**Crow'** tha, Jo apni badsoorat shaqal se boht naakhush rehta tha, apne kaale rang per usey gussa aata rehta tha, humesha apni kismat ko kosta rehta tha.

Ek din uski nazar ek '**Duck'** per padi, usne usey dekha or socha ki ek yeh hai jo ki itna sundar hai aur ek mein hun kaala, gandaa.

Lekin us din usne socha, vo apne man ki baat us **duck** se jaaker share karega.

Jab **Crow** ne **Duck** se kaha ki vo boht sundar hai, to **Duck** bola… "Pehle mein bhi yahi sochta tha ki main boht sundar hun lekin fir mene **Parrot** ko dekha tab mujhe pata chala ki mein to kuchh bhi nahi hun… **Parrot** boht sundar hai, mein to bas white colour ka hun, lekin **Parrot** boht colourful hai…"

Yeh sunkar **Crow** bhaaga-bhaaga **Parrot** ke paas gaya aur bola ki…

"Tum to sabse sundar ho…"

Parrot bola… "Arey nahi-nahi, mein kahan sundar hun… lagta hai tumne aaj tak **Peocock** ko nahi dekha, tabhi mujhe sundar samajh rahe ho…"

Yeh sunte hi **Crow** udta hua **Peocock** ko dhoondne nikal gaya aur ek zoo me pahuch gaya, vahan usne ek pinjare me **Peocock** ko dekha, **Crow** us **Peocock** ko dekhkar shocked hogya, usne pehle

kabhi itna sundar kuchh nahi dekha tha, aur usne **Peocock** se kaha ki…

"Tum to sabse zaada sundar ho, sahi kehte hain jungle ke saare pakshi, esi sundarta mene aajtak nahi dekhi, tum to boht khush kismat ho yaar…."

Peocock bola… "Theek keh rahe ho, Mein hi hun sabse khoobsurat pakshi, lekin dost, esi sundarta ka kya faayda, mujhe to pinjare me kaid rehna padta hai, tum khudko dekho, tum kitne lucky ho, mene suna hai ki **Crow** kabhi bhi pinjare me nahi rakha jaata, to tum to aazaad ho, sabse zaada khush kismat ho…"

Ab us **Crow** ko apni aazadi ki keemat ka pata chala aur vo vapas apne jungle me chala gaya…**"**

Ese hi real life me hum bhi humesha apni weakness ko dekh dekhkar apna confidence loose karte rehte hain, aur doosro ko khud se zaada lucky ya talented samajhte rehte hain, yahi vajah hume negative rakhti hai aur hum khud per bharosa karne se darte rehte hain, kyunki humara dhyaan apni weakness per hi laga rehta hai, aur apni weaknesses ke baare me soch-soch kar hum aur bhi weak hote chaley jaate hain.

Isley hume apni **Weakness** per nahi balki apni **Strength** per focus karna chahiye, kyunki agar yeh sach hai ki…

"***Har kisi me koi na koi kami hoti hai***"

To yeh bhi sach hai ki…"***Har kisi me koi ni koi khoobi hoti hai"***

Bas apne andar jhaankne ki der hai, apna saara dhyaan apni weakness se hatakar apni strength per lagana hai, yeh sochne ki jagah ki "hum to yeh bhi nahi kar sakte, vo bhi nahi kar sakte"

Balki yeh sochna hai ki **"*hum kya-kya kar sakte hain…"***

Jese ek Glass jo ki Half bhara hua hai paani se…

Usko Half empty glass ki nazar se dekhne ki jagah, Half filled glass ki nazar se dekhne ki zaroorat hai… (*Engineer's Dimension*)

Positive attitude ke saath life jiyo, negative thoughts ko maaro goli…

Koi aapko negative boley bhi to usko bolo- *Abey chal naa... apna kaam dekh!*

T.V. me ek ad aata hai, usme brand ki punch line hai-

"It's your life… make it large"

Samajh to gaye honge, mein kis ad ki baat kar raha hun, lekin yeh boht inspiring lines hain, isko seriously lelo, give your best shot!

Give your best to make your life large…

Kuchh log fir bhi khud per poori tarah trust nahi kar paate kyunki ek aur major problem hai jisse hum khud ke idea per trust karne se darte hain, vo yeh ki hum sochne lagte hain ki jo hum karna chahte hain vo to already boht log pehle se kar rahe hain, jese…

"Ek baar ek ladka gaon se kuchh paise jama karke sheher me naayi ki dukaan kholne aaya, usne socha tha ki jo kaam usey uske pitaji ne bachpan se sikhaya vo kaam usey sheher me kaafi achhe paisey kamva sakta hai, lekin jab vo ladka sheher aaya to vo sheher me badey-badey salons aur

parlours dekhkar chakra gaya, uska saara confidence toot gaya, vo sochne laga ki jahan sheher me pehle se hi itne saare badey-badey naayi hain to uss ladke se kaun baal katwane ayega, vo niraash hokar vapas apne gaon chala gaya, usey dukhi aur niraash dekhkar ekdin uske pitaji uske pass bethe aur usse bole ki…

"Beta… agar tum yeh sochoge ki sheher ke sab log pehle se hi kisi na kisi dukaan me baal katwa rahe hain, fir tumhare pass koi kyun ayega… to tum galat ho… ho sakta hai unke paas vahan aur koi behter vikalp na ho…"

Us ladke ne pitaji ki yeh baat dimag me rakhkar dubara sheher jaaker apni dukaan kholi, aur apni samajh ke according usne apni best service dene ke plan kara, shuru me 1-2 log aaye, usne kam se kam price me badhiya kaam kara, customers ko achha laga, unhone aur logo ko bataya, vo bhi aaye, ese hi dheere-dheere uske kaam se khush hokar aur log bhi aane lage, aur uski dukaan bhi chal nikli.

Is kahani se kya seekhna hai?

"***Whether you think you can, or you think you can't… you are right!***"***- Henry Ford***

Yahi seekhna hai ki hum jo bhi kar sakte hain, humey bas vo poore dil se karna hai…

Apni field ke doosre already successful logo ko dekhkar peeche nahi hatna chahiye, kyunki jo aaj successful hain unhone bhi to kabhi na

kabhi 1st step se hi start kara hoga, aap hi ki tarah vo bhi apne career ki starting me nervous honge, confused hongey, aur shayad 1-2 baar fail bhi huye honge lekin agar vo aaj successful hain to iska matlab yeh hai ki unhone haar nahi maani…

yeh duniya boht badi hai, boht jagah hai yahan sabke liye, isliye kabhi khudko under-estimate nahi karna, bas jo karna chahte ho, vo shuru kardo, zaada socho mat, jahan sochne lag jaoge, vahan atak jaoge.

Jis din aap apni life ke iss dimension ko dekhne lag jaoge, us din apki soch ek engineer ki tarah kaam karne lagegi aur aap apni life banane ke liye ready hojaoge…

CHAPTER 4

HOW TO BE YOUR OWN CREATOR?

Creator matlab jaante hain na? Aapko banane wala, aapki kismat banane waala, do you mean GOD?

Nahi, God nahi, God ne to yeh nature create kardi, lekin is nature ko hum kese adapt karte hain yeh **hum** decide kar sakte hain, isley apni life ka creator koi aur nahi **hum khud** hi hain!

Kyunki insaan apni life khud banata hai aur khud hi bigaadta hai, jaanwar aur insaan me yahi fark hai ki jaanwar sirf nature pe dependent hain, lekin insaan apne dimaag se apni life ko change kar sakta hai.

"**E**k baar ek **sher** jungle me akela reh gaya tha… us jungle ke baaki sabhi jaanwar ya to mar chuke the ya vo kahin aur jaa chuke the… ab yeh sher bhooka tha, boht bhooka tha, vo jungle me khaane ki talaash me bhatak raha tha, usey kahin kuchh nahi mil raha tha jisey vo khaa sake, kayi din ese hi nikal gaye, vo ese hi khaane ki talaash me nikalta tha aur thak kar vapas khaali pet hi sojata tha.

Fir ek din ese hi ghoomte-ghoomte vo jungle ke ek kinare per pahunch gaya jahan ek river us jungle ka raasta rok rahi thi, river itni badi aur chaudi thi ki vo sher usey kood kar paar nahi kar sakta tha, aur river ki doosri taraf usey khaana nazar araha tha, matlab kuchh jaanwar dikh rahe the, ab sher ko tairna to aata nahi jo vo swim karke river paar karleta aur naa hi itni lambi chhalaang (*jump*) maar sakta tha, matlab usko pata tha ki agar vo us river me kooda to vo mar jayega, lekin fir bhi bhook se behaal vo sher apni poori taakat se river paar karne ki umeed se kooda aur vo river me doob kar mar gaya…"

Kyun?

Kya us sher ke paas aur koi raasta nahi bacha tha?

Agar aap us sher ki jagah hotey to kya karte? **Socho**!

Kya aap bhi us sher ki hi tarah river me kood jaate?

Yeh jaante huye bhi ki agar aap koodey to aap nahi bachoge? Mar hi jaoge…

Nahi koodte na?

Kyun? Kyunki jaanwar me aur insaan me yahi farak hai…

Jaanwar insaano ki tarah options me se choose nahi kar sakte…

Vo yeh nahi choose kar sakte ki agar khaane ko jaanwar nahi mil raha to kuchh aur khaaliya jaye… pedh, paudhey, fruits, leaves… boht kuchh tha jungle me jo khaakar bhi vo sher zinda reh sakta tha lekin usne esa nahi kara, kyunki usey life ki possibilities me se choice karna nahi aata…

Lekin hum to insaan hain, hum to choose kar sakte hain…

"*We have the power of Choice!*"

Hum apni health theek rakhne ke liye healthy food ko, fit rehne ke liye exercise ko choose kar sakte hain.

Hum achhe friends choose kar sakte hain, hum khush rehna choose kar sakte hain…

Hum sab jaante hain ki smoking, drinking, junk food humari body ko damage kar rahe hain lekin fir bhi hum log in buri aadato ko nahi chhodte…

Hum koi jaanwar nahi balki insaan hain, isley agar hum chahey to apni buri aadat ko drop karna choose kar sakte hain…

Aur sabse important, hum apna career choose kar sakte hain, hum yeh decide kar sakte hain ki humare liye kya sahi hai aur kya nahi, hum various options ko compare karke unme se ek better option ko choose kar sakte hain, haina?

To fir karte kyun nahi hain?

Kyun us sher ki tarah suicide kar rahe hain?

Kyun apni life ko better tareeke se nahi jee rahe?

Kyun khud apni life ko spoil kare jaa rahe hain?

Kyun bina interest ka kaam kare jaa rahe hain?

Jaago… ankhe kholo… apni life apni marzi se jiyo…

Har din socho ki aap kya better kar sakte ho…

Agar aapke andar koi talent hai, jese singing ka, aur aap singer banna chahte ho lekin aapke parents chahte hain ki aap bhi gupta ji ke bete ki tarah engineering karo, kyunki sharma ji ka beta U.S. me job karke laakhon kama raha hai… aur aap bhi uski tarah engineering join karlo to kya aap successful hopaoge?

Nahi… fail hojaoge, aur agar aap bhi doosre ko dekhkar ban bhi gaye to khush to bilkul nahi reh paoge, Yeh bhi to suicide hi hai?

Isley insaan hone ka fayda uthao, socho, compare karo, saare options ko achhe se dekho, choose karo aur fir decision lo, so that you can be your own creator!

Succesfull hone ke liye humey time ke saath apne andar kuchh na kuchh changes laate rehne ki zaroorat hoti hai, isley hume khudko humesha better banane ke baare me sochte rehna chahiye.

Jese Computers ki duniya me Microsoft time to time apne operating system ke ***Windows*** me apna naya version lekar aata rehta hai, Mobile me ***Android*** ka naya updated version aata rehta hai.

Mobile ***Apps*** bhi update hoti rehti hain, vese hi life me hume bhi khudko time to time update aur upgrade karte rehne ki zaroorat hai.

Agar hum time to time apne andar naye aur better changes nahi lekar ayenge to hum life me peeche hotey chale jayenge.

Kuchh-n-kuchh naya seekhte rehna hoga, naya seekhne ka matlab hai ki humey apni knowledge ko badhate rehna hoga aur knowledge ko badhane ke liye humey apne mind ko feed karna hoga.

Mind ko feed kese karte hain?

Yeh humey ek bachhe se seekhna hoga…

Ek bachhe ki tarah seekho, jese ek chhota bachha jise bolna bhi nahi aata, vo sirf apne observation se hi itna kuchh seekh leta hai, jis jagah vo rehta hai, vo us jagah ki regional language bolna seekh leta hai, chahe vo Hindi ho, English ho, German ho, ya fir French… bachha sirf parents ko sunkar yeh sab seekh leta hai.

Isley jo hum jaante hain usse kuchh naya seekhne ke liye hume bhi doosro ko sunna hoga…

"***When you talk, you are only repeating what you already know. But if you listen, you may learn something new***"***- Dalai lama***

Yeh duniya boht tezi se badal rahi hai, isley humey bhi iske saath-saath badalna hoga, apni soch badalni hogi…

Myth of Goodluck & Badluck!-

Hum humesha apne failure ke liye apni kismat ko koste rehte hain, ki humari kismat achhi nahi thi isley humey vo job nahi mili, hum business me fail hogay, yeh nahi mila, vo nahi mila etc etc. Agar hum sachme itne hi unlucky hain to earthquake aane per building ke neechey dabkar mar kyun nahi gaye? Tsunami se kese bach gaye? Road per accident hone ke baad bhi kese zinda hain? Swimming karte huye doob kyun nahi gaye?

Ufff… Hua na lucky feel?

Actualy hum sab boht lucky hain, hume to har din subha uthkar apni life ko thanks karna chahiye ki hum zinda hain, har roz is duniya me laakho log ese hain jo raatko theek sote hain, lekin subha dead milte hain, laakho logo ko esi-esi bimariyan hain jinka koi ilaag nahi, laakho log bhook se mar rahe hain, pyaas-se mar rahe hain, koi garmi se mar raha hai, to koi thand se mar raha hai, aur fir bhi hum apni kismat ko koste hain? *Very bad*!

Agar aap successful nahi ho, khush nahi ho, jo chahte ho vo aapko nahi mil paata to isme galti aapki kismat ki nahi balki aapki khud ki hai.

Aksar jab kabhi humare din ki shuruvaat thik nahi hoti to hum sochte hain ki aaj ka din hi manhoos hai aur fir poore din kuchh thik nahi hopata, kayi baar ek bure din ki vajah se humara saara kaam bigad jaata hai aur hum dukhi hojate hain, gusse me rehne lagte hain aur chid-chide hojate hain jisse humari friendship aur relationships me bhi problems create hone lagti hain, lekin yeh sab hum control kar sakte hain , hum apni kismat badal sakte hain, chahey din ki shuruvaat kesi bhi huyi ho, hum apne baaki ke din ko better aur achha bana sakte hain, ek simple se formulae ko use karke… that is 10/90.

"Life is 10% what happens to you and 90% how you react to it"

-Charles R. Swindoll

Sachme life ki 10% cheezon per humara koi control nahi hota jese train ka late hona, car ka achanak kharab hojana, baarish hojana etc-etc, lekin hum in cheezon se hone wali problems per 90% control kar sakte hain kyunki react karna to hum control kar sakte hain…

Is quote ko ek chhote se example se samajhne ki koshish karte hain…

"Maanlo aap subha apni family ke sath breakfast kar rahe ho, itne me aapki beti ka haath laga aur coffee ka cup aapki shirt pe gir gaya, aapko gussa agaya aur aapne beti ko daant diya aur fir wife se bhi chillakar bolne lage ki yeh cup yahan table ke kinare rakha hi kyun tha..

Naashta beechme hi chhodkar aap gusse me uthkar room me gaye apni shirt change kari aur office jaane ke liye nikal hi rahe the ki aapne dekha apki beti ro rahi hai aur jaldi jaldi me time pe naashta nahi kar payi isley uski school bus bhi nikal gayi, ab aapne car nikali aur fatafat beti ko school drop karne ke liye nikal gaye, limit se tez car chalayi, to red-light cross hogayi, isley raste me police wale ne chalaan bhi kaat diya.

Ab mood already itna kharab tha aur upper se chalaan bhi, fir beti ko school drop kara, beti bhi bina aapko bye-bye kare roti huyi seedha school ke andar bhaag gayi, is sab ki vajah se aap bhi office 30min der se pahunche, vahan aapko boss ne late aane ke liye daant diya, aur fir aap jab ekdum frustrate hokar apni seat per jaaker bethe to aapko yaad aaya ki aap jaldi-jaldi me apna office bag or lunch box laana to bhool hi gaye…"

Din ki shuruvaat kharaab huyi aur fir poora din kharab hota hi chala gaya, wife se bhi jhagda hogaya, beti bhi naraaz hogayi aur office me bhi daant padgayi.

Is poore case me aap kisko zimmedaar maanenge?

Coffee cup ko?

Wife ko?

Beti ko?

Ya khudko?

Ofcoarse aap khud ho zimmedaar!

Kyunki agar aap chahte to aap apne 5sec ke reaction se apna din thik kar sakte the…

“Maanlo coffee apki shirt pe jab giri tab aap apni beti ko daantne ni jagah pyaar se smile karke bol dete ki “I**t’s ok beta… aagey se dhyaan rakhna**…

Fir aap room me jakar apni shirt change karke vapas aate, aur beti ko bus me bethkar aapko bye-bye karte dekhte, fir wife bhi pyaar se aapko lunch box aur office bag naa bhool jaane ke liye tokti.

Aur aap time per office bhi pahuch jaate…”

Dekho difference dono scenes me, Dono ki shuruvaat ek jesi huyi lekin sirf humare **Reaction** ki vajah se poori story hi change hogayi.

Ese hi hum apne reaction pe control karke apni life me boht kuchh bigadne se bachaa sakte hain.

Mein aaj aapse apna ek real life incident share karta hun…

Abhi recently kuchh mahine pehle ki hi baat hai, mein kuchh kaam se ek co-worker ke sath Noida gaya tha, aur kyunki mein music lover hun isley mujhe songs sunte huye car drive karna achha lagta hai, sab kuchh theek chal raha tha, Hum noida se Meerut (*My home town*) vapas aarahe the, aur mein araam se, masti me thoda loud volume me gaane

sunte huye car drive kar raha tha… smooth highway hai isley speed bhi around 80-90 km/hr thi.

Achanak se chalte-chalte mujhe car ke clutch pedal me kuch problem lagi... lekin jitni der me mein kuch soch paata mene dekha ki car ka clutch aur brake fail hochuka hai, Car itni speed me thi ki kuchh bhi ho sakta tha, car ko itni speed me control karna mushkil hojata hai. Shayad agar koi aur hota to vo ghabra jaata aur us situation me jaldbaazi se kaam leta aur accident kar bethta, lekin mene us situation ko dekhkar apna control nahi khoya, mene race pedal se apna paon hataya, car ka gear neutral per daala aur jab car ki speed dheere-dheere khud kam hone lagi to mene left indicator dekar car ko road ke side me park kar diya... :D

So, car ka break fail hona was 10% of life but usko control karna was other 90% of that life!

Isley humesha yaad rakho… “***You are the creator of your own destiny***”

Apki life me aaj jo kuchh bhi ho raha hai,

Achha! ya bura!

Uske liye sirf aur sirf aap khud hi zimmedaar ho… na aapka school, na aapka college, na aapke friends, na aapke enemies aur na aapke **parents**…

Humare **past** me liye gaye decisions ka hi result humara **present** hai…

“***Everything you experience today is the result of choices you had made in past*** ”

Isley agar hum apna **future** badalna chahte hain, to hume apne **present** pe dhyaan dena hoga… apni aaj ki habbits, aaj ke decisions, aur aaj ke actions ko control karke hum apne **future** ko jesa marzi bana sakte hain.

CHAPTER 5

HOW TO OVERCOME YOUR ANGER?

Anger pe control karna kitna zaroori hai yeh to hum sabhi jaante hain lekin fir bhi hum log apne gusse ko vash me karne ki jagah khud hi gusse ke vash me aajate hain, usko khud per haawi hone dete hain aur vahi karne lagte hain jo gussa humse karvata hai…

Mujhe bachpan se hi gussa boht aata tha, zara-zara si baat pe mera muh laal hojata tha aur mein bina kuchh soche samjhe saamne wale ko ulta-seedha bolne lagta tha, ya kuchh ajeeb kar deta tha jiska badme regret hota tha, aur mujhe ghar me bhi sab bolte rehte the ki mein boht hi Short-tempered hun, jisse mere dimaag me beth gaya tha ki sachme mujhe boht gussa aata hai isley bina kisi baat ke bhi mujhe gussa ajaya karta tha.

Ek baar kya hua ki mein or mere bade bhaiya hum log terrace pe bethke apna-apna padh rahe the, fir yaad nahi kis baat per bhai ne mujhe kuch bola, aur mujhe itna gussa agya, ki mene uski books uthayi or apni terrace se hawa me door fenkdi, vo padosi ki terrace pe jaker giri, tab to gussa charam pe tha, ladaayi bhi hui fir bhai se, papa ne bhi boht maara lekin. Jab thodi der baad hosh aya to gaya, leke aya books padosi ki terrace pe se :P

Ese chhote-chhote boht sare incidents the mere gusse ke....

Yahan tak ki papa mummy mere gusse se itne pareshan rehte the ki vo ek din *pandit ji* ke pass gaye meri janam patri leke… :P

Unse mere gusse ke upaay ke bare me poocha, vo boley is par ***Shani***... ***Rahu***... falana… dhimkana ka prakop hai, iska **"*Rudra-abhishek*"** karvayiye, usse iske andar ka **krodh** shaant hoga...

Lo ji, pahuch gaye mujhe leke pandit ji ke paas, hawan ki jobhi saamagri pandit ji ne likhvayi thi vo bhi saath legaye.

I can never forget those 2 hours of complete dramebaazi (*Rudra-abhishek*)!!! Us din to mera sachme man hora tha ki is pandit ka sir fodd dun… huh!

Ye bhi karvalia, fir bhi kuch nahi hua, mere gusse ka koi samadhaan nahi nikal paaya, ese hi kaafi time nikal gaya, mein khud se hi frustrate rehne laga.

Mujhe yaad hai, ek baar mein delhi ke ek mall ke bahar ek snack point per apni ek friend (*yes! female friend, JUST FRIEND*!) ke sath maggi kha raha tha, vahan kuchh delhi ke ladke bhi khade the, vo log zabardasti humari taraf ghoor rahe the, jab mene unse poocha ki bhai kya hua? Kyun ghoor rahe ho? To vo log maa-bhen ki gaaliyan dene lage, bhai agar vo delhi ke the, to mein bhi U.P. ka hun, mein kese sehen karleta? :P

Mujhe bhi gussa aagaya, mene bhi jamke hindi ki saari gaaliya sunaa daali… bas fir kya tha…

de-ghoose… de-laat… :P

Tab samajh aaya in lines ka matlab…

"***You will not be punished FOR your anger… You will be punished BY your anger***"***- Gautama Buddha***

Mujhe samajh aaya ki beta kuchh khud hi karna padega... fir mene internet per search kara, ki shayad kucch help mil jaye is gusse ko control karne ke liye, lekin kuchh khaas help nahi mil payi…

Lekin search karte-karte mein ek blog per pahuch gaya, jahan benefits of meditations diye huye the, shuru me to mujhe yeh sab ekdum bakwaas laga lekin fir mene socha ki ek baar try karne me kya jaata hai...

Fir mene kuchh simple meditation techniques seekhi aur practice karni start kari, kuchh dino ki practice ke baad mujhe khudme jo changes feel huye vo dekhkar mein khud hi shocked tha… *and that changed me completely*... mein khudko ek third person ke view se dekhne laga aur mene gusse per sirf kaabu karna nahi seekha tha... balki mujhe yeh samajh agaya tha ki gussa to aata hi hai... lekin humko us gusse ke time per kese apne **Actions** aur **Reactions** per control karna hai.

"Third person view" ka matlab ye nahi hai ki mein khud ko thoda door se dekhne laga ki mein kesa lag raha hun. :P

“Third person view” ka matlab hai ki mujhe apne behavior ki kamiyan pata chal gayi, kyunki jesa hum gusse me doosre se behave karte hain, vesa agar koi humse behave kare to humey achha lagega ya bura?

Agar hum doosre se achhey behaviour ko expect kar rahe hain, to iska matlab vo bhi humse vesa hi expect kar raha hoga, is feeling ko samajhkar hum apney rections per control kar sakte hain.

“Be the type of person you want to meet”

Zara socho ki aapko gussa kab-kab aata hai, take out a Pen & Paper and start writing.

Jab koi aapke baare me bura-bhala bolta hai, aapko gaali deta hai, aapko dhoka deta hai, aapki baat nahi manta, aapko ignore karta hai, jis bhi situation me aapko gussa aata ho usey likhlo aur fir socho ki kya us situation me aap gusse me react na karne ki jagah agar araam se react karte to kya hota, doosre options ke baare me socho, saari possibilities ko rakhkar dekho ek-ek situation me.

Esa karne se aap dekhoge ki ab aap khudko zaada samajh paa rahe ho, automaticaly aapko apne gusse per control ajayga, jab next time similar situation aapke saamne ayegi to aap pehle se better tareeke se usey control karne ke liye tyaar honge.

Aap paogey ki aapke mood ka **Remote control** ab kisi doosre ke paas nahi balki aapke haath me hai.

Koi aur chahkar bhi aapko gussa nahi dila payega.

Mein yeh nahi keh raha ki koi aapko maar raha hai to bhi aap chup-chaap pit-te raho, maar khaate raho, nahi uska jawaab to dena hi padega, lekin gusse me aakar nahi, balki situation ke hisaab se dekhkar, ki kya better rahega, usse ladna ya bhaagna :P

Humara mind hi humse gusse me galat react karvata hai, agar hum apne mind ko control karna seekh gaye to yeh mind jo humesha humare saath khelta rehta hai, hume isko sahi direction me guide karna ajayga…

CHAPTER 6

HOW TO LEARN FROM REJECTION?

Rejection ka darr humari body me negativity ka ek esa jaal bunta hai ki hum nervous hojate hain aur apni qualities ko bhool kar sirf weaknesses ko yaad karne lagte hain…

College me admission ke time, Job ke liye interview ke time, Market me naya product utaarne ke time Rejection ka darr humko nervous kar deta hai, hume yeh dar lagne lagta hai ki agar hum fail ho gaye to hum parents aur relatives ko kese face karnege, Log humara mazaak udayenge…

Lekin Rejection actually hai kya ?

Kya ek rejection se apke baaki ke options band hojate hain?

Agar nahi to hume isse darr kyun lagta hai ?

"Failure defeats looser…

Failure inspires winners"- Robert T Kiyosaki

Ghar per aksar kuchh products bechne waale aate rehte hain jese bedsheet, carpet, massage machine, detergent etc-etc…

Mujhe ek boht hi funny incident yaad aaraha hai, ek baar esa hi ek salesman mere ghar koi "*Cleaning chemical*" bechne aya tha, vo demo dene ke liye itna excited tha, ki humse bina permission liye hi usne vo thoda sa chemical ek cotton per liya aur usne ghar ke bahar ki tiles per jami huyi chiknahat ko saaf karna start kardiya… aur demo ke saath saath us chemical ke benefits ke baare me non-stop bolna start kardiya.

"*Dekhiye… kese yeh jaaduyi, chamatkaari chemical, bina kisi mehnat ke, bina koi nuksaan pahuchaye, aapke ghar ki ek-ek cheez ko ese hi chamka sakta hai… usko naya bana sakta hai, dekhiye yeh jadaayi chemical kese…*"

Vo chemical pata nahi kis cheez ka tha lekin vo sachme tiles ko chamkata jaa raha tha… I was impressed! (*Not by the magical power of that useless chemical but his demo technique) :P*

Fir peechey se papa aaye aur finally unhone uske demo per break lagaya, Papa ne usko rokte huye bola "*Bas bas…. Hume nahi chahiye yeh acid… jaao yahan se…*"

Lekin us bechare ne fir bhi haar nahi maani aur vo fir shuru hogya…

"*Ek baar use karke dekho, ek baar iska chamat-kaar to dekho, keval Rs50 me aapke ghar me Diwali ki safayi hojaygi…*"

Lekin papa ne uski ek bhi baat nahi suni aur andar chale gaye :P

Mujhe boht maza aaraha tha uske demo me :D

Mene usko bola "*Mein yeh le lunga lekin mujhe tumse kuchh poochna hai…*"

Vo bina mera sawaal suney fir shuru hogya "*Iska koi side-effect nahi hai, ye haatho ko koi nuksaan nahi pahu-chayega…*"

Mene usko roka aur poocha "*yeh batao ki tum ek din me kitne logo ke ghar pe demo de dete ho?*"

Usne thoda sa hisaab lagaya fir bola "*Mmm… lag-bhag 40 ghar me sahab*"

"*Aur ek din me kitne log tumse ye product khareed lete hain?*" mene poocha.

Usne badi chalaaki se jawaab diya, Vo bola "*Sahab subah jitney product leker nikalta hun, sab bik jaate hain sham tak* "

Mene uske haath me 50Rs diye aur fir se poocha "*Sahi-sahi bata bhai kitne bikte hain ek din me*?"

Jese hi mene usey Rs50 ka Note diya, usne raahat ki saans li aur uske muh se nikla "***Ahh… aaj ki pehli bikri****…"*

Fir vo bola "*Sahab, sach kahun to bik hi jaate hain 5-6 ek din me…*"

Bas itna kehkar usne us chemical ki chhoti si ek bottle mere haath me di, apna bag uthaya aur chal diya…

Yeh log har roz rejection face karte hain, inhe ek din me 30-35 baar ya isse bhi zaada baar rejection ka saamna karna padta hai, lekin yeh log fir bhi haar nahi maante, itni rejection ke baad bhi yeh log try karna nahi chhodte…

"***Don't be afraid to fail...***
…Be afraid not to try"

Delhi NCR me har traffic signal aate hi road side sellers apne products (*like Car window shades, car mobile charger, flowers and toys etc*) bechne ke liye car ke paas aate hai, 95% log unhe ignore karte hai fir bhi ye log apna samaan bechne ke liye poore din mehnat karte hain… lekin zindagi se haar nahi maante, itni gareebi hone ke baad bhi yeh log bheekh nahi maangte, suicide

nahi karte, bina kisi support ke apna chhota sa road side business chalate hain.

Yeh log hum sab ke liye boht badi inspiration hain, mujhe boht dukh hota hai jab mein news channels per dekhta hun ki achhi family background se hone ke baad bhi college me fail hone ki vajah se student ne hostle me pankhe se latak kar suicide kariya… ya job na lagne ki vajah se jaan dedi… etc-etc : (

3 Idiots ka scene yaad agaya naa? *(Joy ke suicide waala)*

Amir Khan ne to movie me bade araam se kehdiya…

"***Yeh Suicide nahi, Murder hai Murder!***"

But do you really think yeh murder hai?

I don't think so!

"I have no sympathy with the people who suicide!

I feel sympathy for their families left behind"

Log sochte hain ki jisko kabhi rejection face nahi karna pada, vo boht lucky hote hain, Galat! Balki mein kehta hun ki agar aapne bhi life me kabhi na kabhi rejection ya failure ko face kara hai to aap boht lucky hain… kyunki jisne kabhi rejection face nahi kiya uske andar ek darr bana rehta hai fail hone ka, Lekin jisne life me failure ko ek baar bhi taste kar liya usey successful hone se koi nahi rok sakta.

"The person who never made a mistake…

…never tried anything new"- Albert Einstein

Kya aap jaante hain ? U.S. army me recruitment ke liye jo interviews hote hain, usme sabhi apply karne wale candidates se poocha jaata hai ki unhone apni life me rejection/failure ko kab aur kese face kiya tha.

Jo log yeh kehte hain ki unhe kabhi rejection ko face nahi karna pada, unko seedha exit ka raasta dikha diya jaata hai, kyunki U.S Army me kisi bhi ese insaan ko entry nahi milti jiske andar fail hone ka darr hota hai.

Agar aap kabhi fail huye ho to failure ko accept karo, apni galti ya haar ke liye doosre ko blame mat karo, sirf khud ko blame karo aur analyze karo ki galti kahan huyi hai, aur dubara poori taakat ke saath apne kaam me lag jao…

“Successful people take full responsibility for their failures…
Unsuccessful People blame others for their failure”

CHAPTER 7

HOW TO KICK PROBLEMS OUT OF YOUR LIFE?

Aap akele hi nahi ho jiski life me problems hain, hum sab logo ki life me problems hain, kisi ki life me thodi kam to kisiki life me thodi zyada, lekin agar sab logo ki life me hi problems hain to fir kuchh log esa kya karte hain ki vo un problems se haar nahi maante ?

Kese kuchh log itne araam se apna kaam karte rehte hain jabki problems to unki life me bhi hoti hai…

Chahey koi ameer ho ya gareeb, chahey successful ho ya nahi, kuchh na kuchh panga to sabki life

me laga hi rehta hai, lekin hume problems se pareshaan hokar, ya darr kar rukna nahi chahiye.

“Ek samay ki baat hai, ek gaon me mahaan rishi rehte the, log unke paas apni problems lekar aate the aur rishi unko raasta dikhaate the.

Ek din ek aadmi, rishi ke paas aaya aur usne ek question poocha.

Usne poocha ki- *Guruji mein ye jaanna chahta hunki humesha khush rehne ka raaz kya hai*?

Rishi ne kaha ki- *Tum mere saath jungle chalo…main tumhe khush rehne ka raaz batata hun…*

Esa kehkar rishi aur vo aadmi jungle ki taraf chalne lage.

Raaste me rishi ne ek bada sa pathhar uthaya, aur us aadmi ke haath me dekar bole ki isey pakdo aur chalo, us aadmi ne pathhar uthaya aur rishi ke sath-sath chalne laga…

Kuchh samay baad us aadmi ke haath me dard hone laga, lekin vo chup raha aur chalta raha, lekin jab chalte huye boht samay beet gaya aur us aadmi se dard saha nahi gaya to usne rishi se kaha ki usey dard ho raha hai, to rishi ne kaha ki is pathhar ko neeche rakhdo, pathhar ko neeche rakhne per us aadmi ko badi raahat mehsoos huyi…

Tabhi rishi ne kaha ki- *yahi hai khush rehne ka raaz*!

Vo aadmi bola- *Guruji mein kuchh samjha nahi…*

To rishi ne kaha-

Jis tarah is pathhar ko ek minute tak haath me pakde rehne se thoda dard hota hai… aur agar isey ek ghante tak haath me rakhe to thoda zyaada dard hota hai… aur agar isey aur zyaada samay tak uthaye rakhenge to dard badhta jayega, usi tarah dukhon ke bojh ko jitne zyaada samay tak uthaye rakhenge utne hi zyaada hum dukhi aur niraash rahenge… yeh hum per nirbhar karta hai ki humdukhon ke bojh ko ek minute tak uthaye rakhna chahte hain ya zindagi bhar… agar tum khush rehna chahte ho to dukh roopi pathhar ko jaldi se jaldi neeche rakhna seekhlo aur ho sake to usey uthao hi nahi…”

“Load is not what breaks you down…

… but the way you carry it”

Isley problem se daro nahi, tension mat lo, problem to ayengi hi… solution ke baare me socho…

Aur agar solution hai to hi socho, verna kyun faaltu ki tension leni ?

Jo hogya so hogya...

Humara dimag hume solution khud deta hai, chhoti problem ke liye chhota solution aur badi problem ke liye bada solution.

Jese agar aapko river paar karni hai to aapke dimaag me kya ayega ?

Shayad Boat!

Aur agar aapko Ocean paar karna ho to?

Toh… Ship!

Aur agar desh hi paar karna ho to?

Airplane! Haina?

Matlab Mind solution khud dhoondta hai!!!

Wow!!! Isn't it amazing? :D

Bas hume apne mind ko positive feed karte rehna hai…

"***The mind is everything. What you think, you become***"***- Gautama Buddha***

Myth of opposites attract:

Aap shayad bachpan se sunte aarahe ho, that "*Opposites Attract*"…

Lekin mein kehta hun "***Similars attract***"!

Ajeeb hai?

Aap soch rahe honge ki mein ekdum ulta bol raha hun, how can similars attract?

Yes you are right, opposites do attract but only in **magnetic poles**!

Magnetic **North** pole attracts **South** pole.

Lekin yeh theory humari life me fit nahi bethti dost…

Achha aap zara socho, aapke jo friends hain kya vo apki nature ke **opposite** hain? Ya **similar**?

Jese drink or smoke karne waale logo ke friends bhi drink or smoke karne waale hi bante hain, Criminals bhi doosre criminals ko apna friend asaani se bana lete hain, jin logo ko ghoomne ka shauk hota hai unke friends bhi wahi bante hain jinhe ghoomne ka shauk ho, Music lovers ki dosti bhi music lovers se zyaada araam se hojati hai, sahi kaha na?

Life me Positive attitude rakhne waale log, Negative thought waale logo ke saath nahi rahenge, ese hi jo log humesha depressed rehte hain, negative rehte hain, unhe apne jese hi logo ka saath pasand aata hai.

Unhe lagta hai ki unke jesi situation waala insaan unhe better samajh sakta hai…

Apne aas-paas theek se dekho, jin logo se aap advice lete ho, ya jin logo ko aap follow karte ho, ese logo ke baare me socho… kya vo khud apni life me successful hain? Kya vo log apni life ke passion ko follow kar rahe hain? Agar nahi, to aap apne mind ko negative feed kar rahe ho.

"The fastest way to change your life is to hang out with people who are already the way you want to be"- Reid Hoffman (*Co-founder, LinkedIn****)***

Mind ko positive feed karne ke 2 tareeke hain:

1. Aap apni bahar ki surroundings ko change kardo.
   Matlab ki apne aas-paas ki saari cheezen, saare log, Friends etc sab positive rakho…
2. Ya aap apne andar ki surroundings ko change karlo.
   Matlab apne mind ko itna positively strong banalo ki bahar ki koi bhi negative talks apko kamzor na kar sake…

I think 2nd option zyaada easy hai, haina?
To easy option ko hi choose karo aur apne mind ko positively super strong banao, jab aapka mind positive rahega to chahey koi aapko kitna bhi todne ki koshish karta rahe, lekin aapka positive mind aapko humesha strong banaye rakhega.

CHAPTER 8

HOW TO START BUSINESS FROM ZERO?

***W**hat is a 'business'?*

A business is an organization or enterprising entity engaged in commercial, industrial or professional activities.

In short, business is involed in selling of either **goods** or **services** to customers.

Yeh business 2 tareeke ka hota hai…

Pehla, jisme koi **product** ya koi bhi cheez banayi ya bechi jaati hai, jese food products, home appliances etc-etc.

Aur doosra, jisme kisi bhi product ka lena-dena nahi hota balki sirf service provide kari jaati hai, jese coaching service, travel &transportation services, etc.

Do you really think, ki is duniya me koi bhi business **ZERO** se start ho sakta hai?

Shhhhh….!!!
Let me tell you the secret, **every business starts from Zero.**

Yes! This is the truth…

Aap soch rahe honge ki ye kya bakwaas hai? Haina?

Lekin yahi sach hai…

Kyunki business **Start** karne ke liye investment se zyaada **passion** aur **desire** ki zaroorat hai…

Even bill gates started his multi billion-trillion dollar business from zero.

Agar aap soch rahe ho ki **Ambani, Tata, Adani** etc logo ke paas itna paisa hai ki ye log koi bhi business khada kar lete hain, yeh sab to paisa invest karke hi hota hai & investment to karni hi padti hai business start karne ke liye, To haan aap sahi hain, investment to karni hi padti hai, lekin business **Start** karne ke liye nahi, balki business **Expand** karne ke liye!

Kyunki jo log pehle se hi koi na business chala rahe hain, vo log agar koi naya business bhi start kar rahe hain, to vo business expand karna hi hua… lekin jo log life me pehli baar koi business start kar rahe hain, vo investment karke business nahi start karte, aur agar vo esa kar rahe hain to ya to vo apne business model ko lekar boht **confident** hain ya vo hain boht hi badey waale **bevkoof**!

Kuchh-kuchh samajh aaya kya? ya bilkul uper se gaya? :P

Mujhe life ka yeh waala lesson ek aam aadmi ne sikhaya :D

Ek aam aadmi, jisne business literaly zero se start kara tha aur aaj uske business ki crores me turnover hai.

Vo aadmi lower middle class family se belong karta tha, lower isley kaha kyunki middle class families aajkal jitna afford kar paati hain, vo bhi kaafi zyaada tha us time ke hisaab se.

Vo gaon se apni padhayi poori karne ke liye bachpan me hi sheher aagaya tha, lekin koi business background na hone ki vajah se usey jo karna tha khudse hi karna tha…

Usne shuru me 2-3 jobs kari, lekin vo job se satisfied nahi reh paata tha, kyunki job me boss ki sunni padti thi, galti na karne ke bavjood bhi sir jhuka kar khade rehna padta tha, jee-huzuri karni padti thi, aur yeh sab us aadmi ko pasand nahi aata tha, to fir usne socha ki vo kuchh apna hi start karega, apna business start karega.

Lekin business start karne ke liye uske paas koi funds nahi the, koi khaas savings bhi nahi thi aur naa hi *baap-dada* ki koi poonji *(daulat/property)* jama thi.

Yeh story aaj se kareeb 30 saal pehle ki hai… (*No internet/ no mobile phones*)

Apna business start karna uske liye passion ban chuka tha, kyunki vo life ke bitter part ko taste kar chuka tha, isley vo achhe se samajh chuka the ki agar usey life me kaam karna hai to vo sirf apne business ke liye kaam karega, doosre ke business ke liye nahi.

Us aadmi ke andar business me fail hone ka koi darr nahi tha kyunki uske paas khone ke liye kuchh nahi tha, usey business me jo karna tha, zero se start karna tha…

Uski electrical transformer line me thodi boht jankari thi, usne apni information ko badhaya, kuchh aur logo se milkar thoda aur deep me jaana, market research kari aur transformer field me *use* hone waale chhote-chhote parts ki trading start kardi.

(*Udhaar me material liya aur cash me becha, with little profit*)

Isse usey koi loss bhi nahi hua aur kaam bhi chalta raha, fir jab dheere-dheere uski market me achhi pakad ban gayi aur goodwill ban gayi tab next step liya, is field ke aur alag-alag items me haath daala, fir jo products regular sell-out hote the unko bulk me lena start kara, jisse un items ki costing kam padne lagi to profit zyaada milne laga.

Iske baad us aadmi ne kuchh items ki apni manufacturing start kardi to costing aur bhi kam hogayi, bas fir kya, ese hi dheere-dheere business badhta gaya aur uske baad usne kabhi peechey mudkar nahi dekha.

Hogya na business start? Aur vo bhi zero se? :D

And that common man is my Dad!

Ab business ko jitna chaaho utna expand karlo, ek baar money ki rotation start hojay to aap apne business ko kitna bhi expand kar sakte ho, lekin ek baat ka humesha dhyaan rahe, apni services humesha best rakho aur market ki demand ke hisaab se time-to-time improve karte raho.

"Don't try to launch when it's perfect…

…just launch today and keep improving it everyday"– V.K. Goel *(my daddy)*

Jo mene 1st chapter me kaha tha usey dhyaan karo…

Ki successful hone ke liye start karna zaroori hai…

(Agar hum road ki saari traffic lights ke green hone ka wait karte rahenge to wait hi karte reh jayenge… so just keep going!)

Zyaada-tar log apne business ko launch karne se pehle hi usey perfect banakar launch karne ke chakkar me time waste kar dete hain (website, logo, etc). Yeh sab wastage of time hai…

Take an example of "**Facebook**", and all the changes and improvements it has made. (*Started with a small product, and always keep improving*) They keep on adding new features and updated versions according to need and demand (*Love, Anger and other Smiley buttons added recently over LIKE button*)

Agar aap koi online business start karna chahte ho to aap zero investment ke saath business start kar sakte ho, fir jese-jese aapka business chalne lagega, aap usey expand karne ka soch sakte ho. (*jese apni khudki website banvalo, products ka stock karlo, orders aur work manage karne ke liye employee rakhlo etc*)

"Zero se start karne ka matlab yeh nahi hai ki aap jungle me jaaker nange hokar beth jao aur kaho ki ab mujhe business zero se start karna hai…" :P *hehehe*

Obviously aaj ke time ke hisaab se basic things are necessary, like room, electricity, computer/laptop, mobile etc (*ab aap bhi engineer ban rahe ho to thoda dimag chalao…)*

CHAPTER 9

HOW TO GET SELF-MOTIVATED?

Kya aapko nahi lagta ki jab hum esa kuchh motivational padhte hain, ya koi motivational video dekhte hain tab hum achanak se charged-up hojate hain, ki ab kuchh karna hai, life change karni hai, life ese hi bethe-bethe waste nahi karni, lekin kuchh din baad hi hum vapas se usi track per aajate hain, sochne lagte hain ki humse nahi hoga ya bhool hi jaate hain apne passion ke baare

me.

"If you are not crazy about your passion…

… It is not your passion!"

Achha mujhe ek baat batao,

Kya aap apna **mobile** charge karte ho?

Roz charge karte ho?

Kyun? Roz kyun charge karte ho?

Jab ek baar full battery charge hogayi to next day firse kyun charging per lagana hai? Kar to liya tha kal charge?

Kyunki humare mobile ki battery almost 1 hi din chalti hai, aur isley hum usey roz charging per lagate hain jisse vo roz achhey se kaam karta rahe.

Haina?

Achha! Mobile chhodo…

Hum roz sote kyun hain?

Jab humne kal raatko apni neend achhey se poori karli thi to fir aaj raatko sone ki kya zarurat hai?

Agar aaj nahi soyenge to kya hoga ?

Kal hum kuchh karne laayak bachenge kya?

Bura haal hojayga, esa lagega jese poori body blink kar rahi ho. (*Chaahe try karke dekh lena :P*)

To jese humey roz raatko sona padta hai, neend poori karne ke liye...

Kyunki humari body ki battery down hojayegi…

Aur body ki battery charge karne ke liye humara neend poori karna boht zaroori hota hai.

Theek usi tarah humara **Brain** bhi ek battery ki hi tarah hai.

Dimag ki battery ko bhi roz charge karna padta hai, roz motivate karte rehna padta hai.

Yeh nahi ki bas ek baar motivational book padhli to hogya kaam.

Hume pehle check karna hoga ki humara dimaag kitne din tak **motivated** rehta hai kyunki yeh sabke liye alag-alag ho sakta hai.

Fir humey regular intervals per kuchh na kuchh karke dimaag ko bhi charge karna chahiye, Motivational books padhkar, Articles padhkar ya kabhi koi motivational video dekhkar.

Apne mobile ya laptop per kisi motivational thought ya photo ka wallpaper lagalo, mobile ki ringtone kisi ese song ki lagalo jisey sunkar aapka dhyaan apne goal pe chala jaye.

Ya apne room me posters lagalo…

Matlab kuchh-na-kuchh esa karte raho ki aap khud ko humesha motivated rakhne ka tareeka dhoondlo, kyunki **self-motivation** ese hi milega, aapko khud apne liye apna charger dhoondna hoga.

"No one can motivate you…

…Until you motivate yourself"

Khudko motivated rakhne ke liye sabse pehle apne mind ko relax rakhna hoga… relax rehne ke liye meditation technique best help karti hai…

How To Listen To Your Heart?

Mene "*how to overcome your anger*" waale chapter me bataya tha ki kese meditation techniques ki help se mene apne anger per control karna seekha… mein aapko thoda short me iske benefits aur method bata raha hun…

Benefits of Meditation:

1. Meditation lowers your blood pressure.
2. Meditation improves the immune system.
3. Meditation can decrease unnecessary stress.
4. Meditation increases creativity.
5. Meditation makes you gain more control over your emotions.
6. Meditation helps you to take better life decisions.
7. Meditation gives you power to focus.
   And many more…

Meditation has lots of other benefits too, aap internet per search karenge to shayad 100 se zyada benefits ajaynge, lekin agar aap beginner level per hain to zyada deep me jaane ki zaroorat nahi hai.

Internet per aapko meditation karne ki boht saari techniques mil jayengi, agar aap chaaho to unme se koi bhi try kar sakte ho.

Mein aapko sabse simple method batata hun, jese mene start kara tha…

How to start meditation (*For Beginners*):

1. First of all, sit in a comfortable position in silence with straight back.
2. Now close your eyes slowly.
3. Take deep breath from your nose, hold it for 2-3 seconds and exhale slowly from mouth.
4. Repeat 2nd step for atleast 8-10 times, then start breathing normaly.
5. Now observe your breathe, inhaling & exhaling.
6. Observing breathe means to feel your breathe going into your body through nostrils filling up your lungs and coming out.
7. During this observation, your mind will try to divert you from your focus on breathe with thoughts of past. But you have to bring your focus back to your breathe only.
8. Soon after practicing for 10-15mins, you will start feeling some sensation in your body (*this sensation may be different for everyone*). Some feel vibrations in parts of body, some feel cold or hot and some doesn't feel anything at all.
9. You are now in the state of meditation, stay in this state as long as you want.
10. Then rub your hands together and keep your hands on your face to absorb the energy generated during meditation, and slowly open your eyes.

It may take 2-4 weeks of daily practice for good results but you will start feeling happier, confident and more energetic from the day you start.

And these feelings of happiness and confidence will keep you motivated towards your goals. :D

Vese early morning time best rehta hai meditation ke liye (*because of low noise around*), lekin aap shaamko bhi practice kar sakte ho…

CHAPTER 10

HOW TO TAKE ACTION TODAY?

I know aap ab poori tarah se ekdum ready ho…

Aapko sab kuchh pata chal chuka hai ki life me- Kya karna hai, Kyun karna hai, Kab karna hai, aur kese karna hai.

Aap decide kar chuke ho ki aapko apni life change karni hai.

But mein fir bhi keh raha hun: Take Action Today! Start from today!

Aaj se hi kyun? Aur kese?

Ek baar ek talaab ke bahar 20 frogs baithe the, unme se 3 ne talaab me **jump** karne ka **decide** kara.

Ab batao talaab ke bahar kitne frogs reh gaye?

17?

Nahi, Abhi bhi 20 frogs reh gaye, kyunki 3 frogs ne sirf **decide** kara tha jump karne ka, lekin jump kara nahi tha.

Sirf decide karne se kuchh nahi hota dost, action lena padta hai.

Bina action liye sirf khayali pulao banate rehne se success nahi milegi…

"To see the magic happen… You have to come out of your comfortable zone"

"Kick yourself out of bed and work your ass off"

"If you want something you never had… you have to do something you have never done"

Dost mein aapko batata hun ki mujhe achanak se esa kya hua ki sirf 26 years ki age me hi mene ye motivational book likhdi.

Actually mujhe bachpan se hi likhne ka shauk tha, mene poems likhne se start kara tha, but **shauk** aur **passion** me fark hota hai, Shauk is like kabhi mood hua to likh liya types, but passion ke liye aapko din-raat ka bhi hosh nahi rehta.

Mujhe reading aur writing me maza aane laga, fir mene socha ki **ek din** mein book likhunga, lekin kabhi andar se itna passion nahi jaaga ki mein likhna start kar paata, aur vo **ek din** aata hi nahi tha.

1 January 2015:

Yeh vo date hai jo mein kabhi nahi bhool sakta, New year 2015 ka pehla din.

Har taraf New Year celebrations chal rahe the, Mobile per bhi Happy New Year wish karne waalo ke calls aur messages halla bol rahe the. Lekin mein subha 8 baje uthkar bike per kuchh kaam se gaya tha, udhar raste me road ka kuchh part under-construction tha, to road ki width kam thi, mein left side pe araam se chal raha tha, itne me hi peechey se tez speed se aarahe ek truck ne overtake karte huye meri bike me side maari, mein aur meri bike (*Bajaj-Avenger*) kam-se-kam 20 feet skit karte huye gaye… This accident broke 3 bones (*left hand wrist bone, left hand little finger & left leg ankle bone)* of my body with other minor injuries.

Lo ji ban gaya Happy New Year… :P

3 mahine full bed rest per raha, tab sochne ka boht time mila to achhey se realize hogya ki **Jo karna hai abhi karna hai, kal ka kuchh nahi pata**.

Aur andar se apne passion ke liye zabardast motivation aaya, jab motivation andar se aajata haina to koi taakat aapko nahi rok sakti…

Action lene ke liye **Ek Din** ka wait mat karo, jo karna hai aaj se hi shuru kardo, verna yeh **Ek Din** poori zindagi me kabhi nahi ayega.

(Bang-Bang movie me bhi isi EK-Din ki baat kari gayi hai :D)

Meri aapse ek request hai ki please doosro ke experiences se seekh leke apne passion ke liye kaam karna shuru kardo.

Ya aap bhi meri tarah apni haddiyan tudvakar hi hosh me aogey!

!!!TAKE ACTION TODAY!!!

!!!CONGRATULATIONS!!!

!!!NOW YOU ARE THE ENGINEER OF YOUR LIFE!!!

"If you don't start today, A year from now you will wish you had started today"

Meaning of Success for me:

Agar aapko yaad ho to mene book ke starting me kaha tha ki success ka meaning mere liye kya hai, yeh mein aapko book ke last me bataunga…

Dost paisa ki life me jitni zaroorat hai, utna to kama hi lenge.

Zyaada ya kam, isse fark nahi padta.

Lekin mein success ko kabhi richness se compare nahi karta..

Mere liye success ka asli meaning hai aapki life me positive change lekar aana, aur yahi mein apni life ka purpose bhi manta hun.

Agar aapne is book ko padhkar apni life me koi bhi positive step liya to mein khudko successful maanlunga.

To meri success aapke haath me hai!

Congratulations! On completing this life changing book. Now before going for the preperations of your goals, it's time to celebrate your new version of yourself…

(Ex.: Aditya 2.0 Version)

I hope your Engineer mode is now Active!

Enjoy Life…

I wish you all the very best for your success.

If you have enjoyed this book in any way, then please share it with others and write a positive review with 5 star ratings, if you like. Thankyou.

For any query, suggestion, help and support,

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